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JOURNEY

PAGES 10-11



Travis AFB aids record-breaking Naval deep-sea salvage operation

Staff Sgt. Christian Conrad
60TH AIR MOBILITY WING PUBLIC AFFAIRS

TRAVIS AIR FORCE BASE, Calif. — Representatives from Travis Air Force Base, California, aided the U.S. Navy’s Naval Sea Systems Command recover a downed Navy MH-60S helicopter from a depth of 19,075 feet off the coast of Okinawa, Japan, March 18, 2021.

The helicopter, a twin engine Sikorsky Seahawk, crashed into the Pacific Ocean last year while operating from the amphibious command ship USS Blue Ridge (LCC-19). The air crew was able to escape the MH-60S before it sank and no lives were lost in the accident.

The 60th Aerial Port Squadron was responsible for transporting a battery of deep-sea salvaging equipment from Travis AFB to Anderson AFB, Guam, where the salvaging operations were staged.

“In total, we palletized and transported a little more than half a million pounds of equipment across the Pacific Ocean,” said Richard Salek, 60th APS Air Freight Operations manager. “In addition to our squadron’s contributions to the effort, we also worked closely with the 21st and 22nd Airlift Squadrons to ensure we got the equipment



U.S. Navy photo

An MH-60S sits on the deck of a contracted salvage vessel off the coast of Yokosuka, Japan, on March 18, 2021, having just been pulled from a depth of 19,075 feet by Naval Sea Systems Command Supervisor of Salvage and Diving (SUPSALV), at the request of the Navy Safety Center to facilitate accident investigation. The depth, a SUPSALV record, achieved using the ROV CURV 21 (painted yellow in background), deep ocean lift line and heave compensated Fly Away Dive System (red equipment behind helicopter).

to where it needed to be when it needed to be there.”

The salvage operation broke the world depth record for an aircraft recovery, where at a depth of 19,075 feet, the force exerted on the salvaging equipment was 8,503 pounds per square inch.

For Salek’s team, though, world record-breaking is a part of the job description.

“Our folks put their noses to the grindstone every day,”

See SALVAGE Page 18

Tailwind

Travis AFB, Calif. | 60th Air Mobility Wing

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Table of contents

Cover story

10-11

Puzzle

12

Worship services

13-14

Classifieds

17

Parting Shots

19

On the cover

John Greim, 436th Maintenance Squadron isochronal dock controller, explains tire maintenance for a C-5M Super Galaxy during the Civic Leader Tour at Dover Air Force Base, Delaware, May 4, 2021.

(U.S. Air Force photo by Chustine Minoda)

60th Dental Squadron: Taking a bite out of COVID

Senior Airman Jonathon Carnell
60TH AIR MOBILITY WING PUBLIC AFFAIRS

TRAVIS AIR FORCE BASE, Calif. — With more than 270,000 beneficiaries in the network and active duty Airmen as the priority, the 60th Dental Squadron had to figure out a way to provide comprehensive dental services during COVID-19.

Prior to the pandemic, the DS performed roughly 140 appointments a day, but with minimal manning, support has shifted from all beneficiaries in the local area to only supporting active duty Airmen on base ensuring they are ready to deploy.

“Readiness is who we are and what we need to be as a force,” said Tech. Sgt. Vanessa Powell-Davis, 60th DS non-commissioned officer in charge of customer service. “Dental care is important to have the warfighter ready. We want to ensure any dental issues are solved before an Airman deploys.”

Now servicing a max capacity of 70 servicemembers a day, the squadron is also caring for patients in another way by providing COVID-19 relief.

“Before the vaccine was administered, everyone in the laboratory was sent to the COVID PODs and helped with the testing of people who were



U.S. Air Force photo by Senior Airman Jonathon Carnell

Airman 1st Class Colby Locke, 60th Dental Squadron dental laboratory technician, holds a dental molding at Travis Air Force Base, California, April 15, 2021. Locke described how the dental squadron is able to create moldings and other appliances through 3-D printing.

suspected or showed symptoms related to COVID-19,” said Tech. Sgt. Edward Todd, 60th DS laboratory noncommissioned officer in charge.

However, the decrease in appointments and manning are not impacting the care received from the DS.

“Though, we are pulled frequently to support operations throughout the group, it does not affect our operation speed or quality of work,” said Todd.

The DS is currently restricted to urgent care and annual readiness exams.

Eligible patients with dental emergencies to include acute severe pain, bleeding, significant swelling or trauma may call the dental clinic for a screening appointment during duty hours at (707) 423-7008.

Warrior of the Week

Airman 1st Class Colby Locke

US Air Force photo

Name:

A1C Keba R. Walker

Unit:

60 Security Forces Squadron

Duty title:

Installation Entry Controller

Hometown:

Dallas, TX

Time in service:

9 Months, 5 August 2020

Family:

Jada Walker (Spouse)

What are your goals?

Complete Psychology Degree

What are your hobbies?

Playing basketball and collecting shoes

What is your greatest achievement?

Still pending

Devil Raiders enable Exercise African Lion with critical airfield surveys

Tech. Sgt. Luther Mitchell Jr.
621ST CONTINGENCY RESPONSE WING

JOINT BASE MCGUIRE-DIX-LAKEHURST, N.J. — Air Mobility Command deployed two airfield survey teams from the 621st Contingency Response Wing to the Kingdom of Morocco April 17-27 to conduct airfield surveys in preparation for Exercise African Lion 21.

The team of Devil Raiders conducted surveys of five airfields at different locations across Morocco that will receive coalition forces aircraft and enable access to mobility platforms. Locations included an alternate landing site for a space shuttle and an international airport.

Exercise African Lion is U.S. Africa Command's most prominent annual exercise. It is scheduled for June 7-18 and will involve more than 7,000 international participants led by the U.S. Army Southern European Task Force, Africa, in partnership with the Kingdom of Morocco, Tunisia, and Senegal.

The survey teams evaluate the existing infrastructure of an airfield and provide details necessary for determining if a site is suitable for a particular mission. Data considered includes base infrastructure, airfield geometrics, pavement strength and airfield obstacles.

"We evaluate everything necessary for a mission bed down, which helps mission planners know what conditions are like at the airfield and what it is they need to plan on bringing," said Capt. Jacob Pond, 621st Contingency Response Support Squadron support flight commander.

African Lion is designed to foster access and interoperability among partner nations and promote regional stability; both objectives directly support the National Defense Strategy.

"African Lion 21 will play a big role in strategic deterrence and strengthening allies," said Capt. Jack Robinson, 821st CRSS support flight



Courtesy photo

Tech. Sgt. William Russell, 818th Mobility Support Advisory Squadron air advisor, left, Master Sgt. John Vaccaro, 621st Contingency Response Squadron fuels technician, middle, and Tech. Sgt. Christopher Anderson, 621st Contingency Response Support Squadron civil engineer, right, measure the depth of pavement by drilling holes in a taxiway at Ben Guerir Air Base, Morocco, April 18, 2021.

commander. "By surveying multiple airfields in support of the exercise, we are directly enabling the exercise operations at these airfields and thus the overall strategic and partnership building objectives."

A typical airfield survey takes 3-5 working days to complete depending on the size, amount of data available and experience of the team.

Airfield assessments generate two products: the Air Force Form 1174, Airfield Survey, and the Contingency Airfield Pavement Evaluation. The AF Form 1174 provides an overview of the airfield's capabilities, features and available support functions. The CAPE outlines the structural capacity of the airfield pavements.

As part of this tasking, air advisors with the 818th and 571st Mobility Support Advisory Squadron, who specialize in assisting partner nations with developing air mobility capabilities, went with the survey teams to provide host nation support.

"While we are on a mission, we focus on building

partnerships," said Tech. Sgt. William Russell, 818th MSAS air advisor. "That can mean many things, but really what it comes down to is maintaining a positive relationship with our partner nations and understanding that we are a guest in their house."

The air advisors used their French-speaking capabilities to overcome communication barriers and build relationships that they can utilize in the future.

"Morocco is the U.S.'s longest partner," Pond said. "This mission, along with any other partner building missions, helps our two countries to better understand each other and appreciate each other at the tactical and strategic levels. I have a much deeper appreciation for Morocco's role in the region than I did before, and I believe our time there increased their appreciation for our efforts."

African Lion 21 will be the 17th iteration of the exercise and the first that the 621st CRW has completed airfield surveys for.

"The friendliness of our

Moroccan allies was definitely the key to the success of this mission," Pond said. "These were their airfields, so we couldn't have done anything if they didn't want us to. Our long-lasting and strong partnership was very evident throughout our whole time there."

Militaries from Tunisia, Senegal, the United Kingdom, Italy, Canada, Netherlands and other countries will join the U.S. and host nation troops in the exercise.

Exercise African Lion 21 will include several smaller exercises—including an air exercise featuring Air Force Global Strike Command aircraft, F-16 Fighting Falcon, C-130J Super Hercules, and KC-135 Stratotanker aircraft, a joint forcible entry exercise with paratroopers, a chemical-biological response exercise and a humanitarian civic assistance program event.

The effort required months of collaboration between all participating countries to ensure proper COVID-19 mitigation protocols were in place for a successful execution.

Air Force airmen are battle-tested and ready

Shireen Bedi
AIR FORCE MEDICAL SERVICE

This time last year, as the world was trying to wrap its head around an unknown and unforgiving new enemy, Air Force nurses and medical technicians found themselves on the front lines of COVID-19.

Air Force nurses and technicians have remained battle-tested and ready for a fight like this. Saving lives amid insurmountable odds and in the face of unprecedented challenges is what Air Force nurses and technicians remain ready for. The COVID-19 pandemic shined a light on their incredible resilience and dedication to their fellow service members, their patients and their nation.

The Air Force Medical Service recognizes the continued contribution, sacrifice and dedication of its nurses and technicians. These Airmen continue to raise the bar on what it means to serve as an Air Force medic.

A short sample of some of the stories showcasing the work of Air Force nurses and technicians in the past year are highlighted below.

Deployed to nation hotspots

Nurses and technicians deployed to some of the hardest hit areas to provide additional support in overrun hospitals. With short notice, nurses and technicians worked tirelessly alongside sister services and their civilian counterparts to provide critical support when and where the nation needed them.

Air Force Maj. Tynikka Houston, an operating room nurse with the 59th Surgical Squadron, Joint Base San Antonio-Lackland, Texas, deployed in May 2020 as an Individual Mobilization Augmentee

See MEDICAL Page 8

DHS leadership recognizes, advances 60th MDG mission

Senior Airman Jonathon Carnell
60TH AIR MOBILITY WING PUBLIC AFFAIRS

TRAVIS AIR FORCE BASE, Calif. – U.S. Army Lt. Gen. Ronald Place, Defense Health Agency director, and Command Sgt. Maj. Michael Gragg, DHA senior enlisted advisor, visited David Grant USAF Medical Center to recognize Airmen involved with COVID-19 relief and vaccine administration May 10, 2021, at Travis Air Force Base, California.

The Defense Health Agency is a joint, integrated combat support agency that enables the U.S. Army, Navy and Air Force medical services to provide the care needed to have a medically ready force.

Place and Gragg traveled across multiple clinics in DGMC to have conversations with 60th Medical Group Airmen about their struggles and successes providing COVID-19 relief.

"This healthcare facility and installation responded very quickly to the pandemic," Place said. "Getting feedback from the Airmen who have and are responding to the pandemic is the best way forward to know what they need."

Place said he maintains full confidence in the 60th MDG Airmen to deliver on COVID-19 relief and vaccination efforts, but, across the Department of Defense, record management needs to be improved.

From the 60th MDG Intensive Care Unit to the COVID-19 vaccine team, Place stressed the importance of standardizing record keeping throughout the DoD.

"Through all the trials and tribulations that we've gone through as a military, it's important that our medical providers are all trained on the same system," Place said.

That system is Military Health System GENESIS, a medical file system that went live at Travis AFB Sept. 7, 2019.

The system is designed to allow TRICARE beneficiaries to exchange secure messages with their care



U.S. Air Force photo by Senior Airman Jonathon Carnell

U.S. Army Lt. Gen. Ronald Place, Defense Health Agency director, gives a speech to 60th Medical Group personnel inside David Grant USAF Medical Center at Travis Air Force Base, California, May 10, 2021.

team; schedule medical appointments and access notes, labs and medications; and request prescription renewals online.

"This file system is a great resource for us to keep track of Department of Defense personnel and beneficiaries who have received their vaccinations," Place said. "The pilot phase of MHS GENESIS at Travis AFB showed a positive impact to patient care."

On April 24, 2021, the MHS deployed the MHS

GENESIS system to 25 military hospitals and clinics across 12 states, bringing the MHS GENESIS deployment to nearly 30% complete, according to the Health.mil website that holds a timeline of MHS GENESIS progression points.

Place and Gragg will continue touring military installations to assist MHS leaders with the transition to MHS GENESIS.

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David Grant offers walk-in sports physicals for children, teens

TRAVIS AIR FORCE BASE — David Grant U.S. Air Force Medical Center is open all children and teens who are empaneled at the hospital and need a sports physical prior to this summer.

The hospital has scheduled a walk-in sports physical clinic from 9 a.m. to 3 p.m. May 22 at the Family Medicine Residency Clinic.

People who seek a sports

physical should enter at the hospital's south entrance.

Those who seek sports physicals need to bring the physical form provided by their school. The athlete and his or her parent or guardian should complete the form ahead of time. The forms will not be available on site.

Patients who are younger than 18 should be accompanied by a parent or guardian.

Airmen complete FTAC



Congratulations to the latest Airmen to complete the First Term Airman Center course. Alphabetically: Airman 1st Class Dechawat Arsanam, 60 CPTS; Airman Sutter Ball, 60 AMXS; Airman 1st Class Ryan Bellack, 60 IPTS; Airman Basic Gary Colas, 60 CES; Airman 1st Class Orlando De La Rosa, 60

SGCS; Airman Basic Arshdeep Dhillon, 60 CES; Airman 1st Class Zander Eiben, 60 OSS; Airman 1st Class Kamren Gandy, 60 CES; Airman 1st Class Justin Hawkins, 60 CES; Airman 1st Class Amber Holcomb, 60 CES; Airman Brant Holyoak, 60 APS; Airman 1st Class Angela McCollam, 60 MDTS; Airman Chandler Roadruck, 60 AMXS; Airman 1st Class Matthew Rogers, 60 AMXS; Airman Basic Austin Thomas, 860 AMXS; Airman 1st Class Shaun Vidal, 60 CES; Airman Basic Abigail Wilkins, 60 CES; and Airman 1st Class David Yu, 60 MDTS. They are shown Tuesday, May 4, 2021.

Airman 1st Class Alexander Merchak /U.S. Air Force photo

Leadership gets a taste of some heavy lifting



U.S. Air Force photo by Staff Sgt. Christian Conrad

U.S. Air Force Staff Sgt. Nikolos Darragh, right, 60th Maintenance Squadron assistant noncommissioned officer in charge of wheels and tires, explains proper use of a 50-ton crane to Col. Zachery Jiron, 60th Air Mobility Wing vice commander, at Travis Air Force Base, California, May 7, 2021. Jiron visited the 60th MXS during Leadership Rounds, a program that provides 60th AMW leadership an opportunity to interact with Airmen and receive a detailed view of each mission.



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Laughter really is among the best medicines, says Air Force nurse

Jacob Moore

MHS COMMUNICATIONS

Most people have heard the phrase “laughter is the best medicine,” but Air Force Col. Jacqueline Killian has the scientific proof to back it up.

Killian, a senior nurse scientist for the 711th Human Performance Wing, at Wright-Patterson Air Force Base, Ohio, focused her 2015 Ph.D. research at the Uniformed Services University of the Health Sciences in Bethesda, Maryland on using laughter yoga as an intervention to mitigate the effects of stress on students at USU.

Laughter yoga, she said, is not what people may think of when they think of traditional yoga. Laughter yoga, popularized by Dr. Madan Kataria in the 1990s and early 2000s, is a combination of laughter exercises interspersed with pranayama, or the practice of breath control in yoga.

“The yogic aspect doesn’t have to do with yoga poses, it has to do with yogic breathing,” Killian said.

Killian monitored the students, all military officers, and graduate students from programs throughout USU, before,



Air Force Senior Airman Madeline Herzog

Air Force 1st Lt. Nick Wendt, 492nd Fighter Squadron weapon systems officer, laughs after exiting an aircraft at Lask Air Base, Poland, April 23.

during, and after the introduction of laughter yoga, and the results spoke, or perhaps laughed, for themselves.

“I asked participants before, at the two-week mark, and one month out about their perceived stress levels and resilience,” said Killian. “I also used the Positive and Negative Affect scale and monitored for depression and anxiety.”

The Positive and Negative Affect Schedule is one of the most widely used scales to measure mood or emotion. The scale is comprised of 20 items, with 10 items measuring positive affect (e.g., excited,

inspired) and 10 items measuring negative affect (e.g., upset, afraid). Each item is rated on a five-point scale, ranging from 1 (very slightly or not at all) to 5 (extremely), to measure the

extent to which the affect has been experienced over a specific time.

She also asked the participants open-ended questions to find out what they thought may be changing because of the laughter yoga. That was the most surprising part for her.

“Some of them reported that they were sleeping better, that they were drinking less alcohol or caffeine, or that they were exercising more,” Killian said. “Some reported that family members or colleagues even commented about how much better their attitude was or how much happier they seemed. It was almost like participating in the laughter yoga gave them permission to take care of themselves better.”

Among the other results the participants reported were decreased stress levels and

increased resilience.

“Over time, once we analyzed the data, we found that just participating in laughter yoga four times, twice a week for two weeks, actually did decrease their perceived stress levels and their negative affect, and it improved their resilience scores and their positive affect,” said Killian.

Killian explained that laughter has the dual benefits of being free and easy. It also isn’t time-consuming.

“Laughter is a super easy thing to do. We can all laugh, but I think we get stuck focusing on lists of things we have to do, bills we have to pay, tasks that are required at work. We have this constant list of things in our minds that don’t allow our minds to rest,” she said. “If we just took a minute to try

See LAUGHTER Page 15

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Medical

From Page 4

assigned to New York Health Hospitals Jacobi. She was assigned to an intensive care unit there to care for COVID-19 patients.

“We basically go wherever they need us,” she said.

When the Federal Emergency Management Agency requested additional medical support in North Dakota’s hospitals, critical care nurses primarily fulfilled that vital need.

“A short notice CONUS deployment tasking in support of the NORTHCOM combatant commander to fight a pandemic is unprecedented for this medical group,” said Air Force Col. Matthew Hanson, 96th Medical Group commander at Eglin Air Force Base in Florida.

“This time, we can’t shoot or even see the enemy. We will gown up in our [personal protective equipment] and do our best,” said Air Force Capt. Ronald Golemboski, a 96th Health Care Operations Squadron nurse, who had previously deployed to combat zones.

Many Air National Guard and Air Force Reserve medics battled COVID-19 in both their military and civilian roles. Air Force Staff Sgt. Thomas Massa, 192nd Medical Group Detachment 1 aerospace medical technician, has a fulltime job, working as an emergency room medic at Riverside Regional Medical Center in Newport News, Virginia. He also provided COVID-19 response support to the Virginia Department of Emergency Management and the Virginia Department of Health.

“In Detachment 1, we are the people who dress up in hazmat suits and have gas masks on, but one of the things we always practice is putting on our PAPR (Powered Air Purifying Respirator),” Massa said. “The training became useful when COVID started, and we had to intubate more and more people to help them breathe. The medical staff [at Riverside Regional] all had to wear PAPRs. My experience really played a huge part in the COVID response because I could be there to help doctors and nurses put on their PAPRs, something they’ve never had to



Air Force Airman 1st Class John R. Wright

Airmen assigned to the 313th Expeditionary Operations Support Squadron transfer a COVID-19 patient following the first-ever operational use of the Negatively Pressurized Conex to transport 12 patients aboard a C-17 Globemaster III aircraft at Ramstein Air Base, Germany last July, to receive higher level of care at the Landstuhl Regional Medical Center, Germany.

do before.”

Air Force Capt. Jennifer McGuigan became an Air Force Reserve critical care nurse at age 50 at the height of the pandemic, as the need for additional medical support across the country was critical.

“The need for critical care nurses was highlighted during the response to COVID-19,” said Air Force Col. Sherry Hemby, Air Force Reserve Command’s command nurse and career field manager. “Many patients diagnosed with COVID-19 had difficulty breathing and were placed on ventilators to assist in their recovery. Critical care nurses, with their amazing attention to detail, were needed to watch every minute. They assessed changes in their patient’s condition and reacted with the most skilled care. They pulled patients through the COVID crisis. They held the hands of their patients when their family members could not, encouraging and cheering their patients on to fight for recovery.”

Aeromedical Evacuation amid COVID-19

Aeromedical evacuation crews took their capabilities into new territory by transporting COVID-19 patients, ensuring they deliver the same high

reliable care seen in the clinic. This is no easy task when it comes to mitigating the spread of a highly infectious respiratory disease in a confined aircraft. Amid the pandemic, nurses and technicians put their experience and training to the test when they flew with the Negatively Pressurized Conex for the first time on July 1, 2020.

“This was definitely not your typical patient movement mission,” said Air Force Maj. Benjamin Weaver, bioenvironmental engineer and 10th Expeditionary Aeromedical Evacuation Flight NPC support team lead. “It was a long 22 hours for everyone involved, but the NPC and team performed exceptionally well to make it happen.”

Air Force Lt. Col. Penny Cunningham, Pacific Air Forces Command flight nurse, also noted the quick coordination that took place to execute the mission.

“This mission was a great display of how aeromedical evacuation operates, from our logistics team procuring personnel protective equipment kits for pilots and other personnel to ensuring crew bed-down and transportation was firmly established,” she said. “No matter what AOR we are in, we always have AE members

that will support and ensure the mission and crew are taken care of.”

Air Force nurses and technicians have a long history of turning aircraft into a flying hospital, treating a wide range of patient challenges and ensuring service members can get to higher levels of care quickly.

“It’s amazing how quickly a non-scheduled mission can spin up and we are sent out the door ready to take on however many patients, any type of health issue from medical health and non-battle injuries to battle injuries,” said Maj. Christine Cardoza, 379th Expeditionary Aeromedical Evacuation Squadron flight nurse. “Once in the [aeromedical evacuation] system, the patient’s survival rate, I believe, is more than 98%! Being a part of that is an honor in itself.”

Innovating to save lives

At both military treatment facilities and civilian hospitals, nurses and technicians had to quickly adapt to COVID-19, developing protocols and procedures to improve lifesaving capabilities and mitigate the spread within the clinic.

For Air Force Maj. Mark Gosling, a registered nurse, 81st Medical Group, Keesler Air Force Base, Mississippi and his Simulation Laboratory Team, this meant modifying the design of their intensive care unit beds to optimize them for ventilated COVID-19 patients.

“The patient is always our number one focus, but this frame of thinking is even more important when you’re dealing with critical care from a COVID standpoint,” said Gosling. “When you’re using ventilator techniques on a patient, they can’t tell you what they’re feeling, or if they’re uncomfortable. They’re completely dependent on you and how in tune you are with their needs now and throughout their care. So we need to be thinking multiple steps ahead.”

Improving how staff responded to potential COVID-19 symptoms among their patient population fell into the hands of Air Force Airman 1st Class Tara Somers, a medical technician at Landstuhl Regional Medical Center, Germany.

She developed an algorithm for staff to use when patients called with possible symptoms, developed a telephone script, and initiated a patient tracker.

“(The process) also provides more complete care to our patients and makes them feel like they are being prioritized when they are feeling afraid in the middle of the pandemic,” said Somers. “I am the only technician in the clinic specifically taking on the task. This allows me to follow providers more closely, obtain more knowledge and understanding about the pandemic and the medical threats it presents to our patient population.”

Early in the pandemic, medical technicians with the 422nd Medical Squadron at RAF Croughton, England, noticed an issue with testing procedures that relied on seasonal flu procedures. These technicians pushed for clearer guidance to ensure they could obtain more accurate results. Because of medics like Air Force Tech. Sgt. Steve Zavala, 422nd Medical Squadron medical operations flight chief, and his fellow medical technicians, there were necessary improvements in COVID-19 testing procedures implemented across the Department of Defense.

Turning a corner

The rapid production and deployment of COVID-19 vaccines shows a promising shift in the COVID-19 pandemic. Being on the front lines themselves, Air Force nurses and technicians were some of the first to line up to get vaccinated. They also delivered shots in arms to their fellow warfighters ensuring Air Force and Space Force missions continued uninterrupted. Many of these nurses and technicians also supported mass vaccination sites across the country.

“Volunteering to administer the vaccine to patients is important to me because people are dying from this disease,” said Air Force Senior Airman Ladrena Tucker, 59th Medical Operations Squadron Internal Medicine medical technician. “I want to help end this pandemic and the least I can do is administer the vaccine.”

Roth, Brown, Raymond present Air, Space Forces priorities to Congress

Charles Pope

SECRETARY OF THE AIR FORCE
PUBLIC AFFAIRS

WASHINGTON (AFNS) — Acting Secretary of the Air Force John P. Roth told a congressional subcommittee Friday that both the Air and Space Forces are moving decisively to confront new and emerging threats, including those from China and Russia, while also devoting resources “to rid our ranks of corrosive elements and injustices.”

Appearing alongside Air Force Chief of Staff Gen. Charles Q. Brown, Jr., and Chief of Space Operations Gen. John W. “Jay” Raymond, Roth told the House Appropriations Subcommittee on Defense that the Air and Space Forces continue to recalibrate their practices, personnel and policies to address “peer adversaries” after years focusing primarily on terrorism.

“Long-term strategic competition with China and Russia demands that we focus on the capabilities we need today to win tomorrow,” Roth told the subcommittee in his opening statement. “Our nation’s competitive strategic advantage relies on air and space superiority, which is underpinned by

rapid technological advancement and the extension of space as a warfighting domain.”

Testifying before the Defense Appropriations Subcommittee is the first and one of the most important steps in determining how much funding the Air and Space Forces will receive in the next fiscal year, which begins Oct. 1. But because Congress has not yet received detailed spending proposals from any federal agency, the questions during Friday’s two-hour session were more general than in a typical year.

They spanned topics ranging from how the Air Force is responding to its pilot shortage, to questions about readiness and detecting “space junk,” to an assessment of China’s influence in Latin America and the Department’s view on modernizing the aging Minuteman III ground-based nuclear missile system.

When asked, “In the event you got more money, where would the focus be, what would be the top priority?” Roth acknowledged there would be difficult trade-offs.

“We’re going to have to make some hard choices and some difficult decisions concerning trying to invest in the future versus continuing to



U.S. Air Force photo by Wayne Clark

Acting Secretary of the Air Force John P. Roth, center, Chief of Staff of the Air Force Gen. Charles Q. Brown Jr., left, and Chief of Space Operations Gen. John W. “Jay” Raymond prepare to answer questions during the House Appropriations Committee on Defense during a hearing at the Pentagon in Arlington, Va., May 7, 2021.

support some of our legacy systems,” he said. “My sense is the budget you’ll see is a balanced budget that can support the national security strategy with some reasonable risk.”

At the same time, he emphasized, “We need to continue investing in technology for the

future.”

When asked about nuclear modernization, Brown said the case is strong for moving ahead with a new system known as the Ground Based Strategic Deterrent.

“What you will get is something that is more safe, more

secure, and more reliable and also outpaces the threat we’re up against,” Brown said. “So it’s important that we do modernize that part of our nuclear portfolio,” he continued, noting that the current frontline system, the Minuteman III, is more than 40 years old.

With the Space Force entering its second year in existence, Raymond received a number of questions about fiscal discipline, acquisition programs and this: “Why do we need a Space Force? Why is not the regular Air Force program just as effective if not more so?”

Raymond expanded on his opening statement in which he said the United States remained preeminent in space, but there are now more nations operating with more sophistication and with differing motivations than ever before.

“The capability gap is shrinking between us and our closest competitors,” Raymond said in response to the question. “They are catching up.”

See PRIORITIES Page 16

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Travis AFB honorary commanders and civic leaders visit Dover AFB



U.S. Air Force photos by Chustine Minoda

Above: Paul Adler, front left, Jausiah Jacobson, center, and PJ Goodson, right, all Travis Air Force Base honorary commanders, participate on an obstacle course with the Tactical Leadership Nexus team during the Civic Leader Tour, at Dover Air Force Base, Delaware, May 5, 2021. Travis community leaders visited Dover AFB May 3-5, 2021. The Civic Leader Tour was an opportunity for our community leaders to better understand and advocate for the Air Mobility Command's diverse missions.

Right: U.S. Air Force Capt. Felix Jones, right, Air Force Mortuary Affairs Operations resiliency team chaplain, talks about the dedication, resiliency, and professionalism of their team to Sandy Person, center, USAF civic leader and Travis Golden Bear, and Mark Limon, Travis AFB honorary commander, during the Civic Leader Tour, at Dover Air Force Base, Delaware, May 4, 2021.

Page 11, top: Dawne Nickerson, left, 436th Airlift Wing Public Affairs community engagement chief, bids farewell to Travis Air Force Base honorary commanders and civic leaders May 5, 2021, at Dover Air Force Base, Delaware.

Page 11, bottom left: Susan State, Travis Air Force Base honorary commander, spots Senior Airman Keoni Ancog, 436th Aerial Port Squadron cargo processor, during a pallet build up at the 436th APS warehouse during the Civic Leader Tour, at Dover Air Force Base, Delaware, May 5, 2021.

Page 11, bottom right: Cynthia Garcia, Travis Air Force Base honorary commander, participates on a virtual reality training at the Bedrock Innovation Lab during the Civic Leader Tour, at Dover Air Force Base, Delaware, May 5, 2021.



Puzzles

STR8TS

No. 542 Medium

								9
		2					7	
		1	2			8	6	
		4	5		9			
							3	
	2							
	8	6	1			3		
		9						1
					6			

You can find more help, tips and hints at www.str8ts.com

Previous solution - Easy

4	3	6	7	8
4	5	2	3	8
3	2	4	5	6
3	4	5	2	9
7	5	3	2	4
8	7	6	4	3
9	8	1	7	6
6	7	8	9	4
9	8	5	3	4

How to beat **Str8ts** – Like Sudoku, no single number can repeat in any row or column. But... rows and columns are divided by black squares into **compartments**. These need to be filled in with numbers that complete a 'straight'. A **straight** is a set of numbers with no gaps but can be in any order, eg [4,2,3,5]. Clues in black cells remove that number as an option in that row and column, and are not part of any straight. Glance at the solution to see how 'straights' are formed.

SUDOKU

No. 542 Very Hard

			4					1
		7			8			6
9	6						8	4
				8			4	
		3	5		7	9		
	7			2				
7	8						1	9
3			9			5		
6				5				

The solutions will be published here in the next issue.

Previous solution - Tough

5	2	7	1	8	6	9	4	3
1	6	4	5	9	3	7	2	8
9	8	3	4	2	7	6	1	5
6	5	1	8	7	9	4	3	2
8	3	2	6	4	5	1	7	9
7	4	9	2	3	1	8	5	6
4	1	5	9	6	2	3	8	7
3	9	8	7	5	4	2	6	1
2	7	6	3	1	8	5	9	4

To complete Sudoku, fill the board by entering numbers 1 to 9 such that each row, column and 3x3 box contains every number uniquely.

For many strategies, hints and tips, visit www.sudokuwiki.org

If you like Str8ts, Sudoku and other puzzles, check out our books, iPhone/iPad Apps and much more on our store at www.str8ts.com

Voluntary Leave Transfer Program

The following Travis employees are approved as leave recipients through the Voluntary Leave Transfer Program: Rebecca Austria, 60th Maintenance Group; John Butler, Special Tactics Training Squadron; Jaqualynn Cabanlit, Travis AFB Commissary; Neftaly Clark, 1st Special Operations Force Support Squadron; David Duncan, 319th Reconnaissance Wing, Grand Forks AFB; Rabiye Hamilton, Travis AFB Commissary; Patrick Hodge, United States Transportation Command, Scott AFB; Mark Holmes, 10th Contracting Squadron; Dina Patterson-Steward, 60th Aerial Port Squadron;

Jason Perkins, Grand Forks AFB; Gina Silva, Air Force Academy headquarters; Jean Sommer, Travis AFB Commissary; Maria Thammasen, 60th Force Support Squadron; and Dennis Weaver, Air Force Manpower Agency. The VLTP allows an employee who has a medical emergency or is affected by a medical emergency of a family member and is without available paid leave to receive transferred annual leave directly from other employees. For more information, call 707-424-1720.

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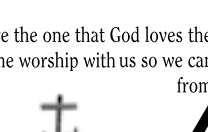
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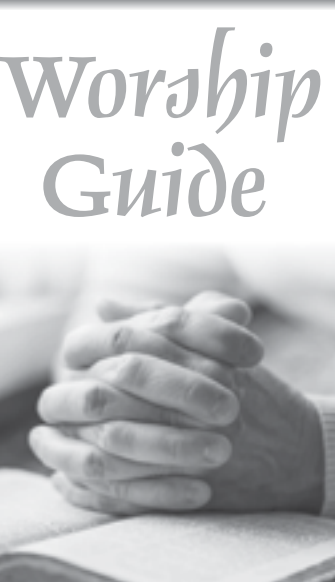
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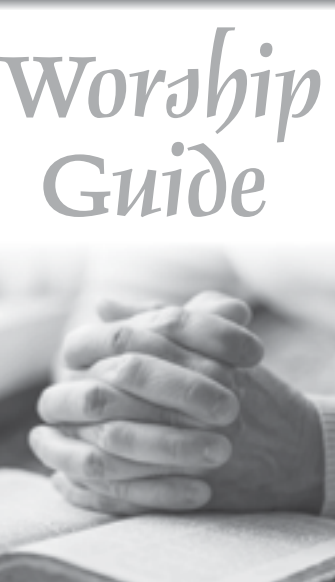
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Air Force Senior Airman Janiqua Robinson

Air Force Staff Sgt. David Brown, 15th Air Support Operations Squadron joint terminal attack controller, laughs after finishing a speed drill during Draco Spear at Moody Air Force Base, Georgia in August 2018.

Laughter

From Page 7

to laugh, even if you're fake laughing, it engages the diaphragm, which is where our vagus nerve sits."

This, she said, is where the science of laughing and its health benefits come into play.

"The vagus nerve activates your parasympathetic nervous system, the 'rest and digest' part of your nervous system, which is the opposite of the 'fight or flight' part of your nervous system so, essentially, you're telling your body to relax when you laugh," said Killian. "If you do that once or twice a day, share a laugh with a friend or a coworker, you immediately feel a sensation of relaxation in your body, whether you're conscious of it or not. It counteracts the chronic stress response."

That means there's a physiological reason that you feel better when you laugh.

"It's good for your respiratory system, your autonomic nervous system and your mind," Killian said.

Not only is laughter free and easy, Killian said, but it also gets easier with time.

"The great thing about laughing is the more we do it, the easier it is to do," she said.

As National Nurses Week comes to close, Killian said

stress management, including using laughter, is extremely important for nurses.

"We do what we can to try to get health care staff to take a little bit of time for self-care and to use their leave so they can recharge their batteries, so to speak, so they can get the rest that is needed, and to spend time with family," she said. "Hopefully now, with vaccination numbers increasing and the hospitalization rate decreasing, we can try to give nurses, health care workers and support personnel some time back to recover."

She said health care, especially within the military, has the potential to be even more stressful because of the obligation that providers feel they have to others.

"As military health care providers, we're programmed to take care of others, almost to our own detriment. Sometimes, we don't take time to take care of ourselves," said Killian. "Nurses Week is a time when we can appreciate the work that nurses and medical technicians do for our communities and remind them that we appreciate them, and we want them to take care of themselves. They are a limited and extremely valuable resource that we celebrate this month."

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Priorities

From Page 9

The nation's leaders decided, he said, "To stand up a service that was purpose built for this domain. We've already seen the benefits of that elevation. We're attracting greater talent. We've got a strong voice on requirements. We have a strong voice with our allies and partners. ... So across the board we have seen a critical elevation of capability since we've established the Space Force."

Answers by Roth, Brown and Raymond throughout the hearing reflected the Department's overarching priorities. The practices and priorities, they said, include a mixture of imperatives such as modernizing the nation's air and land-based nuclear deterrent, ensuring continued "air superiority," nurturing strong and capable leaders, and continuing to lock arms with allies and partners.

It means continuing to roll out F-35 (Lightning II) aircraft into the fleet. The F-35, according to Air Force senior leaders, "is the cornerstone of our future fighter force and air superiority." It means continuing to introduce the KC-46 (Pegasus) into the fleet, while also continuing to revamp the service's "career field" categories to match personnel and leadership philosophies to the needs of national security and modern warfare.

They also said it requires a new focus, fresh thinking and speed.

"The strategic environment has rapidly evolved and we haven't changed fast enough to keep pace," Brown told the subcommittee, noting that prior to becoming chief of staff, he was the Air Force's senior military official in the Indo-Pacific.

Brown added, "If we continue on a path of incremental change, our advantage erodes and losing becomes a distinct possibility." That possibility he said, is why he released a document entitled, "Accelerate Change or Lose" soon after becoming chief of staff.

Along with emphasizing speed, the three leaders said another major priority is ensuring that the U.S. Space Force continues to build on

its achievements. The nation's newest military service came into being on Dec. 20, 2019, and in its second year, is focused on integrating with partners at every level.

"Now that we have built this service, we are moving at speed to capitalize on its creation," Raymond told the subcommittee in describing the Space Force's near term priorities.

"We have set conditions to outpace emerging and dynamic threats and create new military options, working with the joint force, interagency, industry, and our partners and allies. These partnerships will allow us to move at speed without breaking our national treasury," he said.

Like Roth and Brown, who specified emerging threats in blunt terms, Raymond detailed the way space is evolving into a more complex and challenging environment.

"These threats include robust jamming of GPS and communications satellites; directed energy systems that can blind, disrupt or damage our satellites; anti-satellite weapons in space or from the ground that are designed to destroy U.S. satellites; and cyber capabilities that can deny our access to the domain," Raymond said.

Like Raymond, Brown and Roth also offered clear rationales for why the Air Force's capabilities and readiness are crucial to the larger national security effort.

"Our Air Force is the only service that provides our joint partners and allies the assurance of air superiority, the advantage of global strike, and the agility of rapid global mobility through a range of capabilities most requested by today's combatant commanders."

Although confronted with an array of threats present in the air and space domains, Roth reaffirmed the Department's commitment to its mission. "Our Airmen and Guardians stand ready, willing, and able to meet responsibilities to our nation," he said. "From 300 feet to 300 miles off the ground, we protect the homeland, we project power, and we defend democracy."

Congratulations Class of 2021

Graduation time is here. With the extended length of time due to the pandemic, most graduation ceremonies will again this year be virtual. The Daily Republic would like to help the class of 2021 capture their memories for a lifetime.

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Salvage

From Page 2

he said. "Whether it's moving deep-sea salvage equipment or COVID-19 supplies or household goods for our Airmen, we take pride in knowing we're the go-to when people need to move things and move them fast."

Senior Airman Christopher Moreno, 60th APS ramp operations specialist, participated in the palletizing of the salvage equipment and said although the work he did felt like just another mission in the moment, the significance of his contribution wasn't lost on him.

"I think even though we all sometimes get sucked into a 'just another day'-type of work flow, and we don't always see the difference we make, I'm nevertheless grateful to have been a part of it and helped the Navy accomplish their mission as well."

After the recovery, the salvage vessel proceeded to Fleet Activities Yokosuka where the MH-60S was offloaded for transport back to the United States.

"As a whole, this operation



U.S. Air Force courtesy photo

Airmen from the 60th Aerial Port Squadron load deep-sea salvage equipment onto a C-17 Globemaster III at Travis Air Force Base, California, March 4, 2021.

was fast-paced and entirely successful," said Bryan Blake, NAVSEA's Salvage and Diving Deep Ocean Program manager. "The capability to recover the airframe and make it available to determine the cause of the accident is a huge plus in helping to ensure Naval Aviation safety."

Joint operations like these, help not only the sister services involved, but the entire

Department of Defense as well, said Salek.

"There's always a certain amount of static when working with different branches, but the more time we spend with them, the easier and more seamless future operations become," he said. "Working with NAVSEA was a big boon for our squadron, and not only for us, but for the execution of the larger DoD mission too."

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Left: 60th Air Mobility Wing aircraft sit on the flight line at Travis Air Force Base, California, April 26, 2021. The 60th AMW is home to the C-5M Super Galaxy, C-17 Globemaster III and KC-10 Extender.

Bottom left: Airman 1st Class Alexander Merchak, 60th AMW Public Affairs apprentice, takes a photo of the flight line at Travis Air Force Base, California, April 26, 2021.

Bottom right: KC-10 Extender aircraft sit on the flight line at Travis Air Force Base, California, April 26, 2021.

U.S. Air Force photos by Senior Airman Jonathon Carnell

On the Travis AFB... FLIGHTLINE



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